

On the beautiful island nation of Sri Lanka, dedicated family farmers tend hundreds of acres of certified organic coconut palms. Organic stewardship increases their income, avoids harmful chemicals, nourishes healthy soil and encourages biodiversity.

We press the meat of their fresh organic coconuts to make Native Forest® Organic Simple Coconut Milk, adding only filtered water and nothing more.

Delicious and versatile, our Simple Milk imparts wholesome, creamy goodness to smoothies, soups, curries, sauces, desserts and more!

See edwardandsonsrecipes.org for tasty recipes.

Refrigerate after opening and enjoy within 4 days.

Shake well. Coconut milk will separate when cold.

For a smoother consistency, warm its container in a bowl of hot water and stir contents well.

Native Forest® is a trademark of Edward & Sons Trading Co., Inc., the Coconut People®.



We are a family-owned, vegetarian company offering Convenience Without Compromise®... since 1978. custserv@edwardandsons.com

NON-BPA CAN • BPANI



**NATIVE
FOREST®**

**ORGANIC
COCONUT
MILK**

**UNSWEETENED
SIMPLE**

**NO
GUAR**

SERVING SUGGESTION

**13.5 FL OZ
398 ml**

Nutrition Facts

About 5 servings per container
Serving Size 1/3 cup (80ml)

Amount per serving
Calories 140

% Daily Value*

Total Fat 14g **18%**

Saturated Fat 13g **65%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **0%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein less than 1g

Vit. D 0mcg 0% • Calcium 3.3mg 0%

Iron 0.4mg 2% • Potas. 120mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.

**Ingredients: Organic Coconut Milk
(Organic Coconut, Filtered Water).**

Edward & Sons
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